# Contents

About the Editors, vii Contributors, ix

# **Section 1 Introduction to Nutrition Concepts, 1**

**Chapter 1 The Role of Nurse Practitioners, 3** *Kathleen C. Ashton* 

**Chapter 2 Nutrition Assessment for Nurse Practitioners, 12** *M. Elayne DeSimone and Lisa Hark* 

**Chapter 3 Nutrition Counseling for Effective Behavior Change, 31** *Darwin Deen, Virginia Biddle, and Dara Dirhan* 

## Section 2 Nutrition During the Lifespan, 43

**Chapter 4 Nutrition from Pre-conception Through Lactation, 45** *Amy McKeever, Patricia Digiacomo, Lisa Hark, and Kathleen Larkins* 

**Chapter 5 Nutrition from Infancy Through Adolescence, 79** *Susan Breakell Gresko and Bridget S. Sullivan* 

**Chapter 6 Nutrition for Older Adults, 113** *Cecilia Borden, Christine Conner, and Lisa Hark* 

# **Section 3 Nutrition in the Clinical Setting, 135**

**Chapter 7 Obesity and Bariatric Surgery Care, 137** *Lisa Hark, Darwin Deen, and Dory Ferraro* 

Chapter 8 Cardiology Care, 160
Frances Burke and Lisa Hark

#### Chapter 9 Endocrinology Care of the Diabetic Patient, 184

Neva White, Rickie Brawer, and Cheryl Marco

#### Chapter 10 Digestive Disorders and Gastrointestinal Care, 207

Julie Vanderpool and Beth-Ann Norton

#### Chapter 11 Renal Care, 235

Jean Stover and Lauren Solomon

#### Chapter 12 Cancer Prevention and Oncology Care, 261

Tamara B. Kaplan, Maureen Huhmann, and Theresa P. Yeo

#### **Chapter 13 Enteral and Parenteral Nutrition Support, 289**

Jennifer M. Dolan, Nancy Sceery, and Nancy Stoner

### Appendices, 313

Appendix A: Food Sources of Vitamin A, 315
Appendix B: Food Sources of Vitamin D, 316
Appendix C: Food Sources of Vitamin E, 317
Appendix D: Food Sources of Vitamin K, 318
Appendix E: Food Sources of Vitamin C, 319
Appendix F: Food Sources of Folate, 320

Appendix G: Food Sources of Calcium (Dairy), 321 Appendix H: Food Sources of Calcium (Non-dairy), 322

Appendix I: Food Sources of Sodium, 323
Appendix J: Food Sources of Potassium, 324
Appendix K: Food Sources of Magnesium, 325

Appendix L: Food Sources of Iron, 326

Appendix M: Food Sources of Omega-3 Fatty Acids, 327

Appendix N: Food Sources of Oxalic Acid, 328 Appendix O: Food Sources of Dietary Fiber, 329 Appendix P: Food Sources of Purine, 330

Appendix Q: Therapeutic Lifestyle Changes (TLC) Diet

(Low-fat, Low-saturated Fat Diet), 331

Appendix R: DASH Diet, 332

Appendix S: Dietary Reference Intakes (DRIs): Recommended Intakes

for Individuals, Vitamins, 333

Appendix T: Dietary Reference Intakes (DRIs): Recommended Intakes

for Individuals, Elements, 335

Review Questions, 339

Review Answers, 365

Index, 367

Enrollment Form/Answer Sheet, 385

Continuing Education Activity Evaluation Form, 387